

Height Weight	5-0	5-1	5-2	5-3	5-4	5-5	5-6	5-7	5-8	5-9	5-10	5-11	6-0	6-1	6-2	6-3	6-4
100	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12
105	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13
110	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13
115	22	22	21	20	20	19	19	18	17	17	17	16	16	15	15	14	14
120	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15
130	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16
140	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17
145	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18
155	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19
160	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19
165	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
170	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
180	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22
185	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23
195	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24
200	39	38	37	35	34	33	32	32	30	30	29	28	27	26	26	25	24
205	40	39	37	36	35	34	33	33	31	30	29	29	28	27	26	26	25
210	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26
215	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27
225	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27
230	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28
235	46	44	43	42	40	39	38	36	36	35	34	33	32	31	30	29	29
240	47	45	44	42	41	40	39	37	36	35	34	33	33	32	31	30	29
245	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30
250	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30

# What is your Body Mass Index (BMI)?

*How To Determine Adult Body Index (Age 21 or Greater).*

- Read across to find your height
- Read down to find your weight
- Find where they meet and that is your BMI

*If your height and weight aren't included:*

- Take your height and weight
- Multiply your weight by 705
- Divide by your height in inches twice

*What does your score mean? If you have a BMI score of:*

18 or Less – Underweight
24 or less – Normal Weight
25-29 – Overweight
>30 – Obese



## What is a Body Mass Index (BMI)?

The BMI is a measure of your weight relative to your height. It is a reliable indicator of total body fat which is related to the risk of disease and death. The score is valid for both men and women but it does have some limits. The limits are:

- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle mass.

## Why is it important to know your BMI?

If your BMI is 25 or greater, you are more likely to develop health problems.

## What are the risks to your health of being overweight?

### **Increased Risk for Heart Disease and Stroke**

Heart disease and stroke are the leading causes of death and disability for both men and women in the United States.

- Overweight and obese people are more likely to have high blood pressure.
- Very high blood levels of cholesterol and triglycerides (blood fats) can also lead to heart disease.
- Being overweight or obese also contributes to angina (chest pain caused by decreased oxygen to the heart) and sudden death from heart disease or stroke without any signs or symptoms.

### **Increased Risk for Diabetes**

Type 2 diabetes is a major cause of early death, heart disease, kidney disease, stroke, and blindness. It is the most common type of diabetes in the United States.

- Overweight and obese people are twice as likely to develop type-2 diabetes as people with a normal weight.

### **Increased Risk for Cancer**

Several types of cancer are associated with being overweight and obese.

- In women, these include cancer of the uterus, gallbladder, cervix, ovary, breast, and colon.
- Overweight and obese men are at greater risk for developing cancer of the colon, rectum, and prostate.

### **Increased Risk of Other Health Problems**

- Sleep Apnea
- Osteoarthritis
- Gout
- Gallbladder Disease

## How can you lower your health risks?

- If you are overweight or obese, losing just 10% of your body weight can improve your health.
- Weight loss of ½-2 pounds per week is the safest way to lose weight.
- Keep physically active to balance the calories you consume.
- Be physically active at least 150 minutes each week (adults) or 60 minutes every day (children).
- Limit non-work screen time to less than 2 hours per day.
- Select sensible portion sizes.
- Follow the Dietary Guidelines for Americans.

## Where can I find reliable information on weight loss?

- National Institute of Diabetes and Digestive and Kidney Disease – Weight Control Information Network (WIN) at <http://win.niddk.nih.gov/>
- Medline Plus at [www.medlineplus.gov](http://www.medlineplus.gov)
- Dietary Guidelines for Americans at [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)
- Physical Activity Guidelines for Americans at [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)

